

Canned Goods

- Crushed tomatoes 14.5oz
- Diced tomatoes 28oz (790g)
- Tomato paste 6oz (170g)
- Vegetable broth 3 cups (700ml)

Condiments & Spices

- Cumin 1/2 tbsp

Vegetables

- Carrots 3 units
- Celery 2 stalks
- Sweet Potatoes 2.5lb
- Yellow Onion 2 units